

Monthly Blood Pressure Log

Thirty one days on one page. Two readings each morning and two each evening, or one of each if that is what you were asked for. Averages box at the bottom.

Name

Month

Monitor

Arm used

Before every reading: sit quietly 5 minutes, no talking · back supported, feet flat, legs uncrossed · bare arm on a table at heart height · cuff snug, one finger slides under · no coffee, food or exercise for 30 minutes · take 2 readings a minute apart.

DAY	DATE	AM 1	AM 2	PM 1	PM 2	NOTES
		SYS/DIA · PULSE	SYS/DIA · PULSE	SYS/DIA · PULSE	SYS/DIA · PULSE	
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Under 120 / 80 Normal	120–129 / <80 Elevated	130–139 / 80–89 High, stage 1	140+ / 90+ High, stage 2	Over 180 / 120 Seek care now
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Monthly averages

Whole month

Mornings only

Evenings only



Thirty one days is a lot of arithmetic.
The same log on your phone works the averages out for you and prints the one page report your doctor asked for. Scan the code, or type the address.
cuffapp.com/blood-pressure-log

This sheet is a record-keeping tool, not a medical device and not medical advice. It does not diagnose or treat anything. Categories are published American Heart Association reference ranges shown for context only. If a reading is very high, or you feel unwell, contact a clinician or emergency services immediately.